

MENOPAUSE IS THE MOST COMMON CAUSE OF OSTEOPOROSIS...

SOME OTHER RISKS:

- > A family history of osteoporosis
- > A previous broken bone that might have been caused by osteoporosis
- > Being thin or having small bones
- > Use of certain medications
- > Smoking
- > Drinking too much alcohol
- > Being a “couch potato”
- > Not getting enough calcium or vitamin D throughout life

TAKE CHARGE OF “THE CHANGE”

Bring these questions with you when you visit your doctor, so that you can get the answers you need by the time you leave.

- > Can you please give me some general information, such as a brochure, about “the change” (menopause)?
- > How can I prepare for “the change”?
- > Can I handle menopause naturally, or do I need to consider estrogen replacement therapy or alternatives?
- > Do any of my medications have side effects?
- > I’ve heard of a bone density test. Do I need one?
How much does it cost? Is it covered by insurance?

THE SECRET IS TAKING CARE OF YOURSELF.

As we said at the beginning, the purpose of this brochure is to give you the latest and best medical information we have on osteoporosis, so that you can make good choices for yourself — and live life to the fullest. And, since we know you have some friends who are just like family, we urge you to pass along the information and talk about it. You’re looking good!



WANT TO DANCE?

LIKE WALKING AND JOGGING, DANCING IS A GREAT “WEIGHT-BEARING” EXERCISE. SO STRENGTHEN YOUR BONES AND DANCE THE NIGHT AWAY.

MUSTANG SALLY
WILSON PICKETT

R-E-S-P-E-C-T
ARETHA FRANKLIN

BETTER BE GOOD TO ME
TINA TURNER

BRICK HOUSE
THE COMMODORES

LADY MARMALADE
PATTI LABELLE

ANYTHING ZYDECO

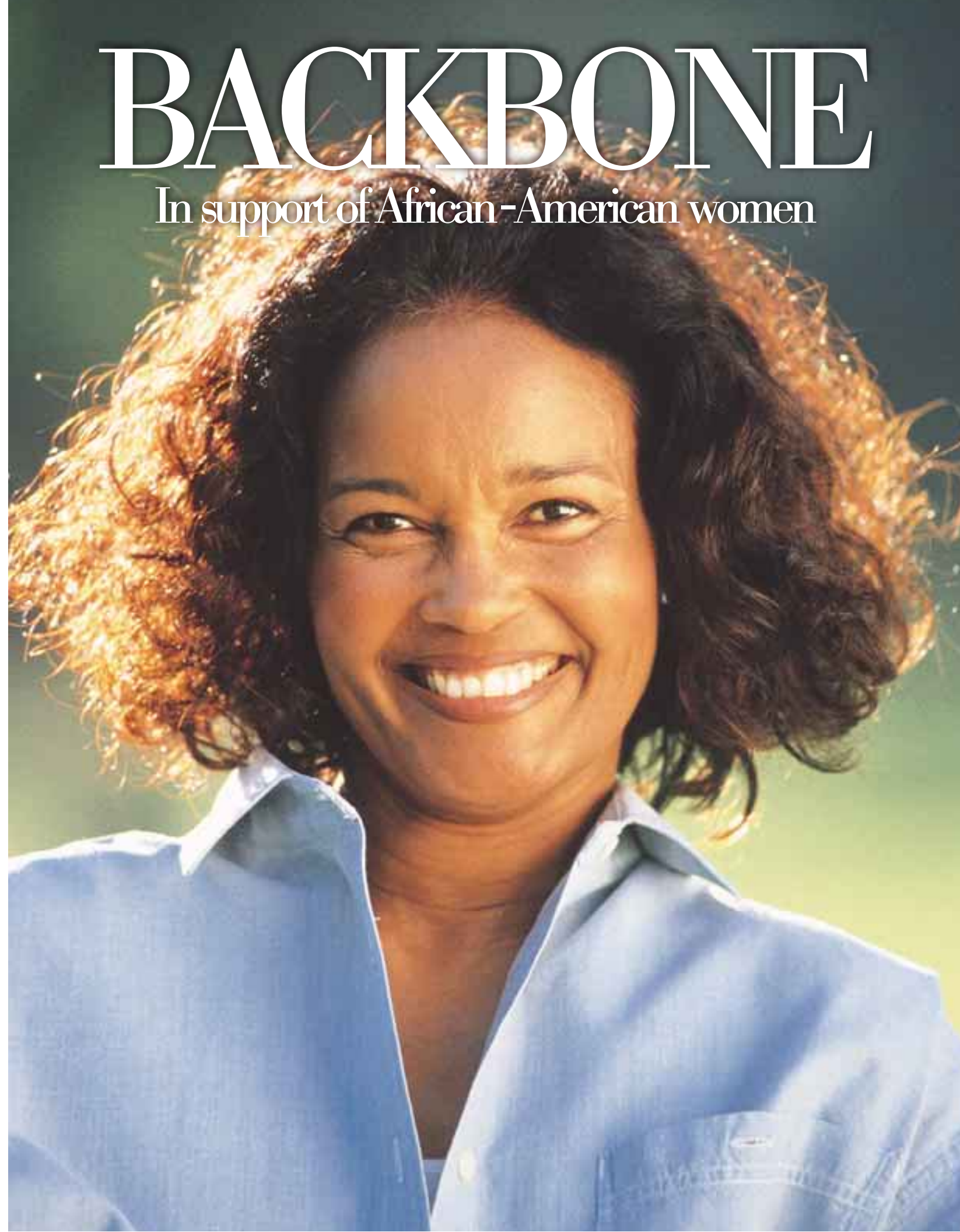
Want more tips on staying young, eating right and making all the right moves as you mature? Call the Texas Department of Health at **1-800-242-3399** or check our website at www.tdh@state.tx.us



10-71-3-99

BACKBONE

In support of African-American women



It's about how to be a fine, fun and fit woman at any age.

SOME WOMEN ARE DISCOVERING THE POWER TO TAKE A STAND AGAINST AGING.

NOW YOU CAN HAVE THAT KNOWLEDGE.

Don't let anybody tell you that you can't get better with age. You know that's not right. You can feel your strength, wisdom and beauty. You know things now that it took a lifetime to "get." And your essence is felt by your family and reflected in your contributions to the community. As a woman in her middle years, you've got plenty of life ahead of you. And plenty of things to

"When I asked my doctor about menopause, he said 'We'll cross that bridge when we come to it.' I'm not crossing his bridge anymore."

do, say and be. That's why the Texas Department of Health has put together this brochure for you to study and share with your friends. We know you want good information and straight facts on how to stand tall all your life and avoid a disease that can rob you of your looks, your freedom and your independence. It's a disease called osteoporosis.

Osteoporosis is a disease that gradually weakens bones, so they become more and more fragile and likely to break. Osteoporosis is caused by an imbalance in

the body's bone-building cycle. Our bones gradually begin to lose mass in our 30's, because more bone tissue is removed than made. But menopause in some

women triggers increased bone loss because our bodies begin to produce less estrogen. Estrogen plays an important role in bone strength. When estrogen levels drop, bone is lost

faster. In many women, this bone loss is severe enough to make bones weak and fragile.



THAT SONG ABOUT "LETTING YOUR BACKBONE SHIFT" WASN'T TALKING ABOUT THIS.

Osteoporosis is nothing to sing about. And it's not a normal part of aging. But it's more common than you think. It causes 1.5 million bone fractures every year in the U.S. One out of three women over the age of 50 breaks a bone because of it. One out of eight men is affected by it.

It is a "silent disease," since you can't feel your bones getting weaker. There are no early warning signs.

Some grim facts:

- A woman over 50 has a greater risk of dying from complications due to a hip fracture than from breast cancer.
- Half the people who suffer a hip fracture will never return to full mobility.

STAND UP FOR YOURSELF. YOU CAN PREVENT IT.

The good news is, you can make the choice to help prevent osteoporosis. And though it takes a lifelong commitment, it takes very little extra effort on your part. The key elements include a balanced diet rich in calcium and vitamin D (the sunshine vitamin), a regular program of weight-bearing exercise and, in some cases, medication.

Some specifics:

- > **MAKE** sure you're consuming 1,000 mg. of calcium a day before menopause. After menopause or after a hysterectomy, women need to consume 1,500 mg. of calcium a day from diet or supplements. (Calcium levels: 1 cup skim milk - 302 mg.; 1 cup yogurt - 415 mg.; 1.5 oz cheddar cheese - 306 mg.; 1 cup broccoli - 136 mg.)

- > **GET** enough vitamin D (400-600 IU), which helps your body use calcium. Taking multivitamins, being in the sun about 5 to 15 minutes a week or drinking vitamin D fortified milk will provide enough vitamin D.



SUPPORT YOUR LOCAL JOINT

- > **DON'T** smoke. Limit consumption of alcohol and caffeine because they take calcium away from your bones.
- > **DO** weight-bearing exercise 30 to 45 minutes at least three times a week. This includes walking, gardening, hiking, jogging, stair-climbing, tennis and dancing. Swimming and bicycling, while good aerobically, aren't weight-bearing exercises because your body is being supported by the water or the bike.
- > **CHECK** with your doctor about estrogen replacement therapy or alternatives.



Calcium doesn't have to go "Moo"

You can get a lot of great calcium from the foods you eat. Some good sources of calcium are beans, molasses, tofu, calcium fortified orange juice, sardines, oatmeal and broccoli. (Calcium can go "moo" too... like macaroni and cheese, milk and ice cream.)